

**For Patients Receiving Radiation Therapy for Left Sided
Breast Cancer:
*Breath Hold for Radiation Treatment Planning***

Why may I need to hold my breath?

Your heart lies close to the left part of your chest wall. Taking a deep breath and holding it may pull the heart away from the chest wall and out of the radiation treatment area.

Practice holding your breath before your CT simulation appointment:

1. Lie down on your back.
2. Raise both arms above your head.
3. Slowly breathe in, then breathe out, then take a comfortably deep breath in and hold.
 - ✓ **Aim to hold your breath for 25-30 seconds**
 - ✓ Practice several times a day.
 - ✓ Take a break if you feel light headed or dizzy.

What if I can't hold my breath?

If you cannot hold your breath long enough, deep enough or consistently, you may be asked to breathe normally and every effort will be made to minimize exposure of your heart to the radiation field.